

LEADER'S GUIDE

Flute

Quadratos Breathing + Check In

I AM HERE IN THE HEART OF PEACE

3RD FRET

Am-G-Am / I am here in the heart of faith.
Am-D-Am / Faith is here in the heart of me.
Am / Like the leaves in the autumn
G-Am / and the autumn in the leaves.
Am-D-Am / I am here in the heart of faith.

Am-G-Am / I am here in the heart of peace.
Am-D-Am / Peace is here in the heart of me.
Am / Like the snow in the winter
G-Am / and the winter in the snow.
Am-D-Am / I am here in the heart of peace

Am-G-Am / I am here in the Heart of love.
Am-D-Am / Love is here in the heart of me.
Am / Like the sun in the summer
G-Am / and the summer in the sun
Am-D-Am / I am here in the heart of love.

Am-G-Am / I am here in the heart of hope.
Am-D-Am / Hope is here in the heart of me.
Am / Like the wind in the springtime
G-Am / and the springtime in the wind.
Am-D-Am / I am here in the heart of hope.

Put Your Roots Down – 4th F (Molly Hartwell)

Am
Put your roots down
Put your feet on the ground
E
You can hear the earth sing
Am
If you listen
Am C Am
It's the - same sound of the river
Am E Am
As it moves across the stones
Am C Am
It's the - same sound as the blood in your body
Am E Am
As it moves across your bones
Am
Are you listening

WATER to EARTH SEED

Our Tears Falling Down Like Rain (4thF)

(by Paul Vasile; Psalm 126:6)

Am D
Our tears, falling down
C Am
like rain to the ground
Am G E
will water seeds of change

Am D
Let it be, let it be,
C Am
let it be, let it be
Am G Am
Let it be, O let it be

FALL REFLECTION QUESTION:
What do you need to let go?

Seasons Change

Am D
Seasons change and so do we
C G Am
May we flow so gracefully
2X

CHORUS

Am-D / **May the light of the heart, light of the heart**
C-G-Am / **light of the heart remain**
2X

Am-D / Just as leaves fall from the tree
C-G-Am / May we shed so gracefully
Am-D / Gliding snow as free as can be
C-G-Am / May we glide so gracefully

Am-D / Just as spring light grows the seed
C-G-Am / May we grow so gracefully
Am-D / Summer fruits fall from the tree
C-G-Am / May we share so gracefully

WINTER REFLECTION QUESTION:
What wisdom (or action) do you
need to weather the dark?

HONOR THE DARK (by Lea Morris) – 1st Fr

Am
Honor the dark, as you do the light
D E
Receive the gifts that come to us by day and by night
Am
I choose to honor the dark, uncertainty and change
D E Am
Deliver us from fear until only love remains

Am E
As the butterfly slips free from her dark cocoon
D E
As the evening sky reveals the light of the moon
Am E
Sometimes, fear surrounds us, sometimes, there will be pain
D E
Let the darkness heal you until only love remains ...**Honor**

Am E
As the seed emerges from under the dark earth
D E
As a mother push's the dark womb to give birth
Am E
Sometimes, fear surrounds us, sometimes, there will be pain
D E
Let the darkness heal you until only love remains ...**Honor**

TRUST THE WORK

(music by Paul Vasile; words by Teilhard de Chardin)

Am C G
Trust the work...trust the slow work...
E7 Am C E
Trust the slow work of God...within you.
Close with G

ACTION – RECEIVE GROWTH IN DARKNESS –
RISE OUT OF IT – BE ABOVE IT

Hymn of Promise

3rd Fret

D
In the bulb, there is a flower
Em
In the seed, an apple tree;
A
In cocoons, a hidden promise:
D
Butterflies will soon be free!
G Em D
In the cold and snow of winter
Em7 F G
There's a spring that waits to be,
G Em D
Unrevealed until its season,
Em A D
Something God (Love) alone can see

D
There's a song in every silence
Em
Seeking word and melody
A
There's a dawn in every darkness
D
Bringing hope to you and me
G Em D
From the past will come the future
Em7 F G
What it holds, a mystery
G Em D
Unrevealed until its season
Em A D
Something God (Love) alone can see

SPRING REFLECTION QUESTION:
What light do you need to receive?

Coming Alive Again (by David Lamotte)

4th FRET [Intro] Em7 - F# - C

Em7 When we moved here in the winter
 F# Everything was dry and brown
 C Never saw the place in summer
 Cmaj7 - F# No idea what's in the ground

Em7 Barren dogwood in the front yard
 F# I wasn't sure if it was gone
 C Then about the first of April
 Cmaj7 - D I saw what was going on

G F# Em7 - C
Coming alive again, Coming alive

G F# Em7 - C
Coming alive again, Coming alive

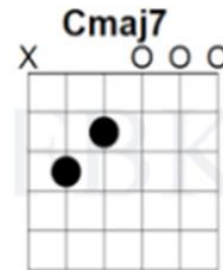
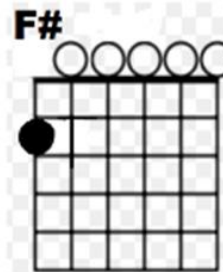
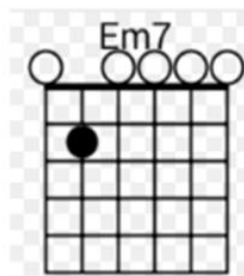
Em7 We hid out in our houses
 F# 'Til the medicine arrived
 C Now the buds have turned to blossoms
 Cmaj7 - F# We're stepping to the other side

Em7 It's been a long and lonely winter
 F# It's been a long and lonely year
 C It's gonna take a while to understand
 Cmaj7 - D But one thing is getting clear

CHORUS

Em7 In the distant days of childhood
 F# There was a story that I heard
 C 'bout how dying's part of living
 Cmaj7 - F# But it's not the final word

Em7 So the leaves that fell in Autumn
 F# Turned to flowers in the Spring
 C And the sorrow of our losses
 Cmaj7 - D Turns to songs that we can sing



MAY I BE EMPTY

D	C	G	D
May I be empty and open to receive the light			
(peace, hope, love)			
D	C	G	
May I be empty and open to receive			
	A	D	

Sending You Light (By Melanie DeMoore)

– 1st Fr

I am sending you Light, To heal you, To hold you

I am sending you Light, To hold you in Love

I am sending you Light, To heal you, To hold you

I am sending you Light, To hold you in Love

No matter where you go

No matter where you've been

You'll never walk alone

I feel you deep within, so...

No matter what you feel

or what you choose to show

I'm always there for you

And so I want you to know, that ...

I walk the path with you

Go slow dear one don't hurry

I'll go just like you need to go

There is no need to worry, cause ...

***SUMMER REFLECTION QUESTION:
Who do you need to serve? What
is your hope or vision for the
future (a fruit you want to harvest
in your life & share with others)?***

IN THIS CIRCLE (by Joan McMullen) NO CAPO

OR 5TH FRET

D-G-D / In this circle, no fear

D-G-D / In this circle, safety

D-G-Em-A / In this circle, greatest love of all

D-G-D / In this circle, deep peace

In this journey

In this body

This moment